

Physical Readiness Program E-GRAM

PFA EDITION

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

5720 Integrity Drive, Millington TN 38055- OPNAV 135F – Sep 2011

When should an acclimatization period be established? ... It is CO's discretion as to whether or not an acclimatization period is warranted for newly reported personnel. Furthermore, the CO shall determine a reasonable length for the acclimatization period assigned. When the safety of personnel is an issue, determination should be based off the differences in environmental conditions between duty stations. Such factors include but are not limited to elevation, humidity, and temperature. The acclimatization period also includes FEP participation.

If a member fails an official BCA, are they authorized to participate in a FEP PRT? No, a mock PRT is still a PRT. The member will be required to meet all other FEP requirements and once the member becomes within standards, they will be required to participate in the monthly mock PRT.

Are all members responding “yes” on the PARFO required to be cleared by medical, even if they have been previously cleared? Yes, it is the intention to get those personnel into medical to ensure their medical condition has not worsened or to ensure follow-up requirements have been met.

Is there still a 24-30 hour official BCA requirement for alternate cardio users? ... No, that requirement has been removed. PRIMS has also been reprogrammed. CFLs can conduct BCAs on both runners and alternate cardio users at the same time.

Does the second Fleet Reserve message count as an approved Fleet Reserve date, if it was received prior to 30 June 11? ... Yes. The second message is sufficient. The member will be grandfathered and the member is not in jeopardy of a PFA ADSEP.

TIP OF THE MONTH!

It's easy to hit a plateau performing the same activities each time you hit the gym. Vary your workout program if you are experiencing boredom, a lack of results or decreased motivation.